

NEWS FROM YOUR PEER LIAISON



LINDA DODSON

IFAPA Peer Liaison

How to Contact Me:

888-491-3455

515-953-0515

ldodson@ifapa.org

Connect with me on Facebook. Email me to find out more.

**I UNDERSTAND...
I AM A FOSTER PARENT TOO**

IFAPA recognizes that foster parents often need the perspective of peers during the foster parenting and adoption experience.

I can provide support and assist you with questions regarding:

- Licensing requirements
- Training needs
- Respite care
- Behavior challenges
- Working with birth families
- Confidentiality issues
- And much more!



www.ifapa.org

November, the month of Thanks

Try the 30 days of Thanks with your child

[Week one of 30 Days of Thanks](#) focuses on please, thank you and other activities that show them how valuable they are to others. From holding the door open for someone to starting a photo project that helps them (and you) visualize what they are thankful for, this first week encourages them to find their inner thankfulness. Other fun projects for the week have you filling a thankful jar, brightening someone's day with a flower that puts the pay it forward theory to the test, writing thank you notes and visiting the elderly who are so delighted to have you there.

Week 2 of 30 Days of Thanks

you've got the basics covered and are ready to move on to activities that really heighten the thankfulness in your child. In [week two of 30 Days of Thanks](#), look for your child to engage in thankful projects like organizing a food drive, making a care package and getting involved in [family-friendly charity work](#) for starters.

But they also get to try activities that are often forgotten when we teach our kids about being thankful, such as thanking a veteran or writing a letter to someone they've recently visited. Then it's time to dig into your bookshelf and set those books free while starting your family's own thankful journal.

Week 3 of 30 Days of Thanks

Now your kids are ready for the big leagues. Get ready for an uplifting challenge, plus serving a meal, the gratitude of favors, donating to the less fortunate and learning the ABCs of thanks in [week three of 30 Days of Thanks](#).

The week is filled with great projects that encourage your child to spread their thankfulness to others. Even the grown-ups can learn a thing or two about thankfulness with these projects. And, most importantly in your week, you get to focus on smiles and free hugs!

Week 4 of 30 Days of Thanks

Now your kids are ready to go global with their thanks. The [fourth week of 30 Days of Thanks](#) starts off with a thank you heard around the world. They then get to thank the everyday people in their lives, something we should all do.

End the week with thankful projects you can enjoy for years to come, such as a thankful mosaic, tree of thanks, thankful wall, spinning wheel of thanks and thankful wreath. And when you're done, join others in the Gratitude Graffiti project. Of course, the last day of this project reminds your kids that thankfulness is a 365-day project.

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Training for November

Sat., Nov.8 9am-4:40 in Ames

Preventative Practices 11: Minimizing the Risk of Child Abuse Allegations

Sat., Nov. 15 9am -4:30 in Ankeny

Mood Disorders in Children and Teens

Sat, Nov. 22 1:15-5:30 Ankeny

CPR and first Aid

(Cost \$40.00- To avoid late fees pay by Nov.7)

IFAPA will not offer any trainings during the month of December, so please plan accordingly)

To register call 800.277.8145 to cancel call same number

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Books from IFAPA

The Child Abuse Assessment - A Guide for Foster Parents

A step-by-step guide for foster parents who have had an abuse allegation made against them. This easy-to-read booklet explains the abuse assessment process, defines child protective terms, clarifies the foster parents' legal rights, and addresses the emotional issues families face during an assessment.

Completing the Circle - Uncovering, Discovering & Creating Connections for Your Foster & Adoptive Children

This guidebook was created to help foster & adoptive parents identify, locate, and engage as many caring individuals as possible - biological and other -- to support the child in your care over his or her lifetime.

Fact Sheet about IFAPA Programs

This informational sheet contains information about the programs and support that IFAPA offers to foster, adoptive and kinship parents

**Happy
Thanksgiving
2014**



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Remember
to give hugs
every day!!!